Chloe Lambert Level Map

Santa Clarita, CA

Pole Level Mapper

NEWBIE
11 moves

- Body Rolls
- Dip Turn
- Fan Kick
- Forearm Stand
- Genie
- Goddess
- Jasmine
- Lady Seat
- Pirouette
- Pole Walk
- Upright Crucifix

LOW BEGINNER
13 moves

- Attitude Spin
- Back Hook
- Carousel Spin
- Chair Spin
- Cradle Spin
- Fireman Spin
- Front Hook
- Hollywood Spin
- Juliet Spin
- Knee Spin
- Rockstar Spin
- Secretary Seat
- Skater Spin

HIGH BEGINNER
24 moves

- Baby Snake
- Bee's Knees
- Boomerang Spin
- Climb
- Cross Knee Layback
- Dove
- Dragonfly
- Figurehead
- Hip Hold
- Inside Leg Hang
- Inverted Crucifix
- Jamilla
- Martini
- Outside Leg Hang
- Reverse Grab
- Scissor Seat
- Side Climb
- Side Saddle
- Snowflake

LOW INTERMEDIATE
17 moves

- Aerial Straddle Invert
- Air Walk
- Butterfly
- Cross Ankle Layback
- Embrace
- Extended Butterfly
- Flatline
- Gemini Climb
- Inverted D
- Jackknife
- Jade
- Leg Switch
- Mercury
- Poisson
- Reiko Split
- Remi Seat
- Torso Switch

HIGH INTERMEDIATE
13 moves

- Allegra
- Ballerina
- Brass Bridge
- Brass Monkey
- Caterpillar Climb
- Chest Press Butterfly
- Eros
- Foot Mount
- Hang Glider
- Marley
- Shoulder Mount
- Sneaky V
- Upright Sailboat

ADVANCED
45 moves

- A-Frame
- Advanced Plank
- Aerial Shoulder Mount
- Archer
- Ayesha
- Batwing
- Bird of Paradise
- Broken Doll
- Cheeba Split
- Chopsticks
- Cocoon
- Cupid
- Dangerous Bird
- Daredevil
- Deathlay
- Dragontail
- Duchess
- Eagle
- Flag

NEWBIE	LOW BEGINNER	HIGH BEGINNER	LOW INTERMEDIATE	HIGH INTERMEDIATE	ADVANCED
11 moves	13 moves	24 moves	17 moves	13 moves	45 moves
		Stargazer			Flying K
		Straddle Invert			Fonji
		Superman			Gargoyle
		Violator			Helix
		Wrist Seat			Icarus
					Iguana
					Iron X
					Jallegra
					Janeiro
					Knee Bocker
					Libellula
					Machine Gun
					Marion Amber
					Meathook
					Phoenix
					Rainbow Marchenko
					Rocketman
					Russian Layback
					Russian Split

NEWBIE	LOW BEGINNER	HIGH BEGINNER	LOW INTERMEDIATE	HIGH INTERMEDIATE	ADVANCED
11 moves	13 moves	24 moves	17 moves	13 moves	45 moves



Seahorse



Spatchcock



Starfish



Teddy



Tulip



Vortex



Yogini